GENERAL GUIDE
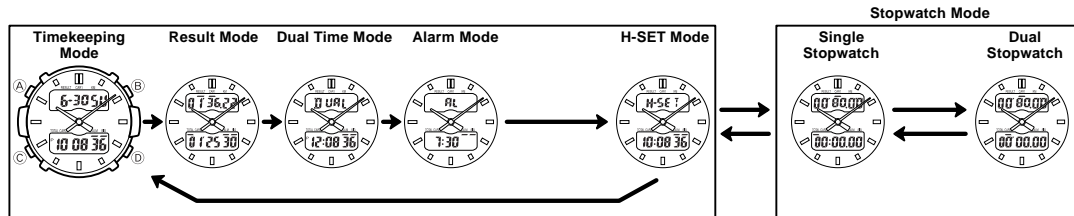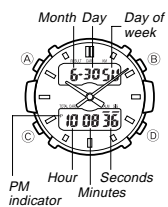
- Press Ⓒ to change from mode to mode.
- Holding down Ⓒ for a few seconds in any mode enters the Stopwatch Mode. Holding down Ⓒ in the Stopwatch Mode changes to the Timekeeping Mode.
- There are two stopwatches in the Stopwatch Mode. Press Ⓒ while in the Stopwatch Mode to toggle between them. See **"STOPWATCH MODE"** for more information.
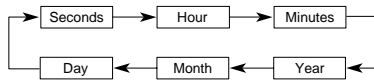- At any time except while making settings, press Ⓓ to illuminate the display for about 4 seconds.

TIMEKEEPING MODE

- In the Timekeeping Mode, press Ⓑ to switch between the 12-hour and 24-hour formats.

To set the time and date

1. Hold down Ⓐ until the seconds digits start to flash.
2. Press Ⓒ to move the selection around the display in the following sequence.

Seconds → Hour → Minutes → Year → Month → Day → (back to Seconds)

3. While the seconds digits are selected (flashing), press Ⓓ to reset the seconds to 00. If you press Ⓓ while the seconds count is in the range of 30 to 59, they are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
4. While any other digits (besides seconds), are selected (flashing), press Ⓓ to increase the number or Ⓑ to decrease it. Holding down either button changes the digits at high speed.
- The date can be set with the range of January 1,1995 to December 31, 2039.
5. After you are set the time and date, press Ⓐ to return to the Timekeeping Mode.
- The day of the week is automatically set in accordance with the date.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.
- When the time shown on the display does not match the analog setting, see **"H-SET MODE"** to correct the analog setting.

ABOUT THE BACKLIGHT

- Hold down Ⓓ to illuminate the display for about 4 seconds. The backlight is disabled while an input screen (with a flashing setting) is on the display.
- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.
- The watch emits an audible sound whenever the display is illuminated. This does not indicate malfunction of the watch.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically turns off whenever an alarm sounds.

STOPWATCH MODE

The Stopwatch Mode automatically saves the best five lap times in memory, along with lap numbers. You can later recall the saved data using the **"RESULT MODE"**. The Stopwatch Mode provides you with the following types of stopwatch capabilities.
Single Stopwatch
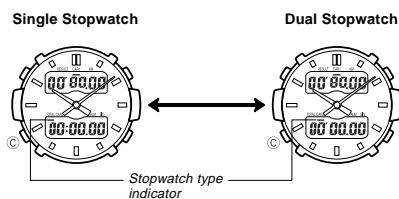This is a standard stopwatch that measures elapsed time and lap times.
Dual Stopwatch
This stopwatch lets you measures the times of two cars or runners at the same time.
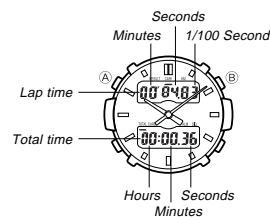
Selecting the Stopwatch Type

While in the Stopwatch Mode, press Ⓒ to toggle between the Single Stopwatch and Dual Stopwatch. Note that the Ⓒ button is disabled while a stopwatch timing operation is in progress.
Depending on your watch model, the stopwatch display indicators may show **CAR1** and **CAR2** or **STW1** and **STW2**.

Single Stopwatch

The Single Stopwatch is a standard stopwatch that measures elapsed time and lap times.

To measure elapsed time with the Single Stopwatch

1. Press Ⓑ to start timing.
2. Press Ⓑ again to stop timing.
You can repeat steps 1 and 2 as many times as you like.
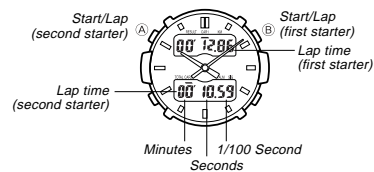3. Pressing Ⓐ while timing is stopped resets the display to all zeros.

To measure lap times with the Single Stopwatch

1. Press Ⓑ to start timing.
2. Pressing Ⓐ while an timing operation is in progress displays the lap time in the upper part of the display and the lap number in the lower part. This information remains displayed for about four seconds, after which the elapsed time display returns.
You can repeat step 2 as many times as you like.
3. Press Ⓑ to stop timing.
4. Pressing Ⓐ while timing is stopped resets the display to all zeros.
- The final time on the display when you press Ⓑ to stop timing is not stored into memory as a lap time. If you want to save the final time, press Ⓐ and then Ⓑ.

Dual Stopwatch

Use the Dual Stopwatch to measure the times of two cars or runners at the same time. You can also produce lap times for both and determine the difference between them.
- The Dual Stopwatch is designed to time two runners or cars starting or passing at different times. Accurate measurement is not possible when both start or pass at the same time or close to the same time.

To use the Dual Stopwatch

1. Press Ⓑ to start timing of the first starter, which appears in the upper part of the display.
2. Press Ⓐ to start timing of the second starter, which appears in the lower part of the display.
3. When the first starter passes the timing points, press Ⓑ.
4. When the second starter passes the timing points, press Ⓐ.
- The difference between the two times appears on the display for about four seconds. After that, each lap time appears for about four seconds.
- If the time of the second starter is faster than that of the first, the time difference is displayed as a negative value.
- If the time difference is 10 minutes or more, -- -- -- is displayed in place of the time.
- If the times being compared are from different laps, the time difference is shown without a plus or minus indication.
- Hold down Ⓐ or Ⓑ to stop timing. The final time on the display when you hold down Ⓐ or Ⓑ to stop timing is not stored into memory as a lap time. If you want to save the final time, press Ⓐ or Ⓑ, and then hold down Ⓐ or Ⓑ to stop timing.

RESULT MODE

Use this mode to view the best five lap times and lap numbers. Lap times are stored by either a Single Stopwatch or Dual Stopwatch operation. Current memory contents are always the results produced by the last stopwatch operation.
If you know the length of a lap, you can input it and calculate the speed as well. You can input or change the length either before or after the timing operation.
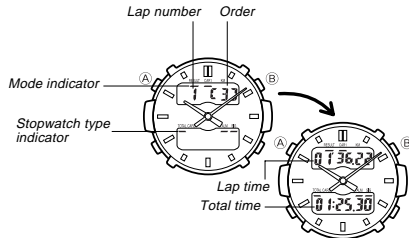
To input the length of a lap

1. Hold down Ⓐ until the kilometers digits start to flash on the display
2. Each press of Ⓒ moves the input position between the kilometers digits and the decimal digits.
3. After inputting the value you want, press Ⓐ to save it.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Result Mode automatically.
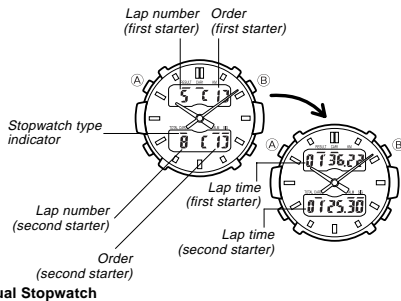
Viewing Result Mode Data
Press Ⓑ to cycle through the best five lap times. Pressing Ⓐ while a lap time is on the display shows the average speed for the lap. Press Ⓐ again to return to the lap time.
• Pressing Ⓑ while the average speed is on the display advances to the next lap time.
• If the average speed is 1000 km/h or more, **E r r** is displayed in place of the average speed.

Lap number   Order

Mode indicator — Ⓐ

Ⓑ

Stopwatch type indicator

Ⓐ   Ⓑ

Lap time
Total time

Single Stopwatch

Lap number   Order
(first starter)   (first starter)

Ⓐ   Ⓑ

Stopwatch type indicator

Ⓐ   Ⓑ

Lap number
(second starter)

Lap time
(first starter)

Order
(second starter)

Lap time
(second starter)

Dual Stopwatch

Deleting Result Mode Data
Result Mode data is deleted automatically whenever you perform a new stopwatch timing operation. To manually delete data, hold down Ⓑ and Ⓓ in the Result Mode until the message **CLR** appears on the display.

DUAL TIME MODE
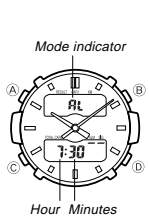
To set the Dual Time

Mode indicator

Ⓐ   Ⓑ

Ⓒ   Ⓓ

Hour   Seconds
Minutes

1. Hold down Ⓐ until the hour digits start to flash on the display. The hour digits flash because they are selected.
2. Press Ⓒ to change the selection in the following sequence.

| Hour | ◄──► | Minutes |

3. Press Ⓓ to increase the number or Ⓑ to decrease it. Holding down either button changes the current number at high speed.
4. After you set the dual time, press Ⓐ to return to the Dual Time Mode.
   • The format (12-hour and 24-hour) of the dual time matches the format you select for normal timekeeping.
• In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode.
• If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Dual Time Mode automatically.

Switching Dual Time and the Current Time
Holding down Ⓑ for about two seconds in the Dual Time Mode causes the Dual Time and current time to be reversed. The hands of the watch move at high speed to the correct time. To switch back, simply hold down Ⓑ again in the Dual Time Mode.

ALARM MODE

Mode indicator

Ⓐ   Ⓑ

Ⓒ   Ⓓ

Hour   Minutes

When the Daily Alarm is turned on, an alarm sounds for 20 seconds at the preset time each day. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.
1. Hold down Ⓐ until the hour digits start to flash on the display. The hour digits flash because they are selected. At this time the Alarm is automatically switched on.
2. Press Ⓒ to change the selection in the following sequence.

| Hour | ◄──► | Minutes |

3. Press Ⓓ to increase the number or Ⓑ to decrease it. Holding down either button changes the current number at high speed.
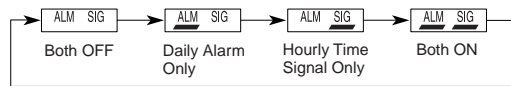
• The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
• When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.
4. After you set the alarm time, press Ⓐ to return to the Alarm Mode.
• If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Alarm Mode automatically.

To stop the alarm
• Press any button to stop the alarm after it starts to sound.

To turn the Daily Alarm and Hourly Time Signal on and off
Press Ⓑ while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.

| ALM SIG | → | ALM SIG | → | ALM SIG | → | ALM SIG |
| Both OFF | | Daily Alarm Only | | Hourly Time Signal Only | | Both ON |

To test the alarm
Hold down Ⓑ while in the Alarm Mode to sound the alarm.
Note that this operation also changes the Daily Alarm and Hourly Time Signal on/off setting.

H-SET MODE
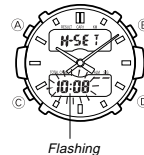
When the time shown on the display does not match the analog setting, use this mode to correct the analog setting.

Mode indicator

Ⓐ   Ⓑ

Ⓒ   Ⓓ

Hour   Seconds
Minutes

To set the analog time
1. Hold down Ⓐ while in the H-SET Mode until the digital time (hour and minutes) starts to flash on the display.

Ⓐ   Ⓑ

Ⓒ   Ⓓ

Flashing

   • The following step changes the hands of the analog timepiece without changing the flashing digital time.
   2. Press Ⓓ to advance the hand setting of the analog timepiece. Holding down Ⓓ changes the hand setting at high speed.
   • Pressing Ⓑ while holding down Ⓓ causes the hand setting to change at high speed. The hands continue to move even when you release the buttons. Press Ⓓ or Ⓑ to stop them.
   • The analog time setting does not stop automatically when it reaches the current time. You must stop the hands manually.
   • Note that there is not function for moving the hands back, so be sure that you stop any high-speed hand setting operation before the time you want to set is reached.
3. After you set the analog time, press Ⓐ to return to the H-SET Mode.
• If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the H-SET Mode automatically.